



## **Laser Hair Reduction Pre-treatment & Post-treatment Instructions**

### **Precautions Before and After Laser Treatment**

- Avoid sun exposure for 1-2 weeks prior, during, and one week after treatment.
- Do not wax, pluck, or thread hairs 1 month prior to each treatment.
- A broad-spectrum (UVA/UVB) sunscreen of SPF 30 or higher should be applied whenever exposed to the sun.

### **Expectations Following Treatment**

- Immediately following treatment, the area may show a slight redness with some swelling or sensation of warmth. Blistering may rarely occur.
- Apply ice if swelling or sensation of warmth occurs.

### **General Skin Care**

- The treated hairs will exfoliate or push out in approximately 2-3 weeks. During this time, it is ok to shave or trim the hairs. Do not shave over the area if swelling, crusting, or scabbing is present, instead contact our office.
- If swelling occurs, apply ice. Wrap the ice in a soft cloth prior to applying to skin.
- Discomfort or stinging may be relieved with Tylenol and ice as described. If a crust develops, let it fall off on its own. Apply a thin layer of Aquaphor to any blistered area several times a day to keep the area moist. Do not scrub the area. Pat the area dry. Do not shave over the area if swelling, crusting or scabbing is present.
- In case of signs of infection (pus, tenderness, fever), contact the office immediately.
- Post-treatment skin care instructions must be followed to prevent any complications.

**Please contact our office at (614) 322-7917 with questions or concerns regarding your treatment.**

Bella Cosmedica  
1577 Cross Creeks Blvd., Pickerington OH 43147  
P: 614.322.7917 F: 614.322.7900  
[www.bellacosmedica.com](http://www.bellacosmedica.com)